

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Pregnancy Options LifeCare Center

Contact: Gina Little

Contact Information: 507-332-7644 gina@polifecare.com

Goal: To provide necessary services and referrals to pregnant and parenting women in southern Minnesota

For the period: October, November, December 2015

Activity or Service	Activity or Service Description	Work Plan Count	Program Progress and Accomplishments	Report Count
Administrative Activities	Hire and train volunteers; coordinate donations of baby store incentives; assess staff conduct all administrative duties	Major Work Plan Activities	We continue to assess our curriculum for the EWYL program, putting programming into place for the cultural expanse. With the new intake we are able to get a better image of what the women need. Using Ekros has helped streamline these duties.	
Outreach	Promote incentive education program to English, Spanish, Somali speaking clients; increasing capacity		We continue to employ a Spanish speaking advocate to reach Hispanic clients while using Somali interpreters when available to reach Somali clients.	
Case Management Services	Follow-up with incentive education program clients to assess progress and facilitate access to resources	100	We continue to follow up with the clients about the last meetings education so as to help re-affirm what they learned at their last appointment.	192
Crib Distribution/ Sleep Safety Education	Award cribs through Cradle of Hope crib distribution program; provide sleep safety education through incentive education program	5	We continue to offer Safe Sleep education to our clients as we partner with Cradles of Hope to offer Pack-N-Plays.	8

Activity or Service	Activity or Service Description	Work Plan Count	Program Progress and Accomplishments	Report Count
Financial Assistance	Provide assistance with completing Financial assistance forms; provide Scholarships for Mom educational programs; provide prepaid cards for assistance in emergency situations	7	We continue to offer assistance in filling out applications for insurance, rental applications, Food assistance and assist with Motherhood grants. We continue to offer prepaid cards as we are able.	10
Interpreter Services	Provide interpreters for Spanish-speaking and Somali-speaking clients	5	We have used a Somali interpreter for 19 appointments and our Spanish speaking advocate for 56 appointments to service those who would not be able to communicate in English their needs.	75
Life-Skills Education Program	Provide educational programs that have components specifically about building life skills	35	We continue to expand our education to include more life skills to better equip our mothers with how to cope with obstacles in life.	78
Material Support	Provide baby clothing, diapers, layettes, baby equipment to pregnant and parenting women not included in incentive program.	40	We continue to assist with families in crisis as we are able. (We saw many of our clients in crisis in the month of November.)	84
Mental Health	Refer clients for mental health assessment; refer to or assist clients with entering treatment programs	5	As it arises we refer clients to seek help outside of our facility. While it wasn't marked we did speak with several clients about mental health services and the importance of taking care of oneself.	0
Nutrition	Provide prenatal vitamins, folic acid, nutrition education programs, referrals to food shelves	20	We continue to provide services to the clients with free prenatal vitamins, nutritional educational programs and referrals as needed. We continue to refer to St. Vincent's and the Food Shelf.	2
Parenting Education	Assist clients in accessing needed services; enroll clients in parenting education incentive program and assess needs through Life Coaching; meet with clients to complete assignments and provide	200	We continue to see an increase in the desire to learn and remain committed to classes in both Life Coaching and Parenting Education.	159

Activity or Service	Activity or Service Description	Work Plan Count	Program Progress and Accomplishments	Report Count
Life Coaching	Major Work Plan Activities		Report the progress and accomplishments made this period on each activity.	
Pregnancy Education	Assist clients in accessing needed services; enroll clients in pregnancy education incentive program and assess individual needs; meet individually with clients to complete assignments	35	We continue to educate our clients with pregnancy education and include Life Coaching skills to better prepare the expecting clients for birth.	35
Pregnancy Testing	Provide program eligibility assessment, pregnancy counseling and testing	7	We continue to assist those who seek us for pregnancy testing and council for pregnancy concerns.	12
Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	7	We continue to assess and aid in the necessary services available within the community.	8
Transportation	Provide transportation vouchers to clients attending educational programs	3	We continue to offer transportation vouchers as we have them to assist clients in the challenge of getting to our center.	3

Maternal and Child Health Initiative Task Force Strategies

	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	12
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	1

Maternal and Child Health Initiative Task Force Strategies

	No.
Number of women who received abusive head trauma (<i>shaken baby</i>) prevention education from a PA funded program activity	1
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	11
Number of women who received sleep safety education only from a PA funded program activity	2

Challenges: We continue to assess the mental health needs of our clients. Within the Somali culture it is unacceptable to request help for emotional/mental health issues, by building relationships we are able to break down some of those barriers. We have had several women sent to us from St. Vincent DePaul Charity Center as they are seeking help for food and clothing for self.

Comments: We have several clients that walk to their appointment at the center, we have seen an increase in our no call/no show with the colder weather.

Quarterly Totals

Demographic Reporting Form

Positive Alternatives

Date: Oct-Dec 2015 Grantee Name: Pregnancy Options LifeCare

1. Client Age Range:

Under 15	15-17	18-19	20-24	25-29	30-34	35+	Unknown age
0	0	0	7	3	1	1	0

2. Client Pregnancy Status:

1st Trimester	2nd Trimester	3rd Trimester	Post-partum	Pregnancy Status Unknown
0	3	0	9	0

3. Client Marital Status:

Married	Not Married	Marital Status Unknown
4	8	0

4. Client Race:

Race: White	Race: African-American	Race: African-African	Race: American Indian	Race: Asian Pacific	Race: Other/ Multi Race	Race: Unknown
6	1	4	0	0	1	

5. Client Ethnicity:

Hispanic Ethnicity: Yes	Hispanic Ethnicity: No	Ethnicity: Unknown
1	11	